

Herbed Potato Salad

Makes: 6 servings

Ingredients

6 small red potatoes (quartered)
1/2 cup Italian dressing, light
1 1/2 teaspoons mustard, spicy brown
1 tablespoon parsley (chopped, fresh)
3/4 teaspoon garlic salt
1/4 teaspoon black pepper (ground)
1/2 cup green bell pepper (chopped)
1/2 cup red bell pepper (chopped)
1/2 cup green onion (sliced)

Directions

1. Cook potatoes in boiling water over high heat until tender, about 10 minutes.
2. Drain well and let cool.
3. Place potatoes in a medium bowl and set aside.
4. In a small bowl, combine dressing, mustard, parsley, and seasonings.
5. Pour mixture over potatoes and toss well.
6. Carefully stir in bell peppers and green onions.
7. Cover and chill until ready to serve.

California Department of Health Services, Discover the Secret to Healthy Living California 5-a-Day For Better Health Campaign

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	2 g	3%
Protein	3 g	
Carbohydrates	22 g	7%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	350 mg	15%